



**Youth Health  
Organization**  
INTERNATIONAL

**PROGRAM  
REPORT 2025**

# OVERVIEW

We look back on 2025 as a year of steady growth and renewed cohesion for YHO. It was a year marked by learning, collaboration, and strengthening our internal structures. While not without its challenges, the organization demonstrated adaptability and commitment to its mission, and we are proud of the work we have accomplished.

The YHO Board continued to work effectively alongside the Secretariat. Strong working relationships between board members and staff were sustained throughout the year, providing a stable foundation for decision-making and implementation.

The 2025 program was closely aligned with YHO's vision and the needs of our member organizations. Young people strengthened their knowledge and skills in health, advocacy, and creative ways of promoting healthy lifestyles to their peers. More than 300 young people and youth workers took part in our activities, where they developed competencies that will benefit them in their future lives and in their daily work with young people.

Although not all project applications were successful, we leaned on the strength of our network—most notably through strategic collaboration with our member organization, No Excuse Slovenia. Together, we successfully carried out three youth exchanges, underscoring the value of solidarity and shared capacity across the YHO community.



# KEY PROJECTS AND EVENTS OF 2025

## STUDY SESSION: DIGITAL CITIZENSHIP FOR HEALTH: EMPOWERING YOUNG LEADERS IN DIGITAL HEALTH GOVERNANCE

**Date: 17–21 February 2025**

**Location: Budapest, Hungary**

The study session empowered 30 youth leaders with the skills and knowledge to advocate for digital health policies in their communities. Participants gained hands-on experience in policy engagement, digital rights, and civic participation, reinforcing the role of youth-led innovation in digital health governance.

The Digital Health Statement co-created during the event will serve as a foundation for ongoing advocacy and collaboration, driving long-term change in the field of digital health.

**BLOG FROM A PARTICIPANT**



## EMPOWERING FUTURE HEALTHCARE LEADERS TO SHAPE PLANETARY HEALTH

**Date: 14–16 March 2025**

**Location: Izmir, Türkiye, and online**

The International Youth Health Organization, in collaboration with Izmir University of Economics (IUE) Faculty of Medicine and with the support of the WHO European Health and Environment Process – Partnership on Youth, organized a Youth Training and Youth Conference in Izmir this past March. After gaining theoretical insights at the conference, 50 participants deepened their understanding through interactive discussions at the training. They also contributed to sustainability by developing local initiatives and co-creating a Youth Declaration.



# PROJECT FILTERED: CAPACITY BUILDING ON PRO-HEALTH TAXES

**Date: 4–6 June 2025**

**Location: Sofia, Bulgaria**

This training provided advocates, researchers, youth, and health practitioners with the opportunity to improve their advocacy skills and gain valuable knowledge in the field of pro-health taxes. Three people from the Secretariat joined and completed this training.



## YOUTH EXCHANGES:

- **YE on Mental Health Policy & Advocacy (12–16 May 2025; Porto, Portugal)**
- **YE on Substance Use (21–26 July 2025; Tbilisi, Georgia)**
- **YE on Non-Communicable Diseases (26–30 August 2025; Bologna, Italy)**

Together with our member organization, No Excuse Slovenia, we co-organized youth exchanges on 3 exciting topics. We determined the topics of these activities based on feedback we received from our members when we asked them what kind of events they wished us to execute.

YHO contributed to these youth exchanges by engaging trainers and secretariat members as facilitators, sharing their expertise on key youth exchange topics. Each exchange brought together 25 young participants from Italy, Albania, Finland, Georgia, Türkiye, Portugal, Slovenia, and Montenegro.

At the youth exchange in Tbilisi, we also delivered a graduation training, which was successfully completed by a young trainer from Georgia. As a result, we welcomed a valuable new member to the YHO trainers' pool, further strengthening our network of qualified facilitators.



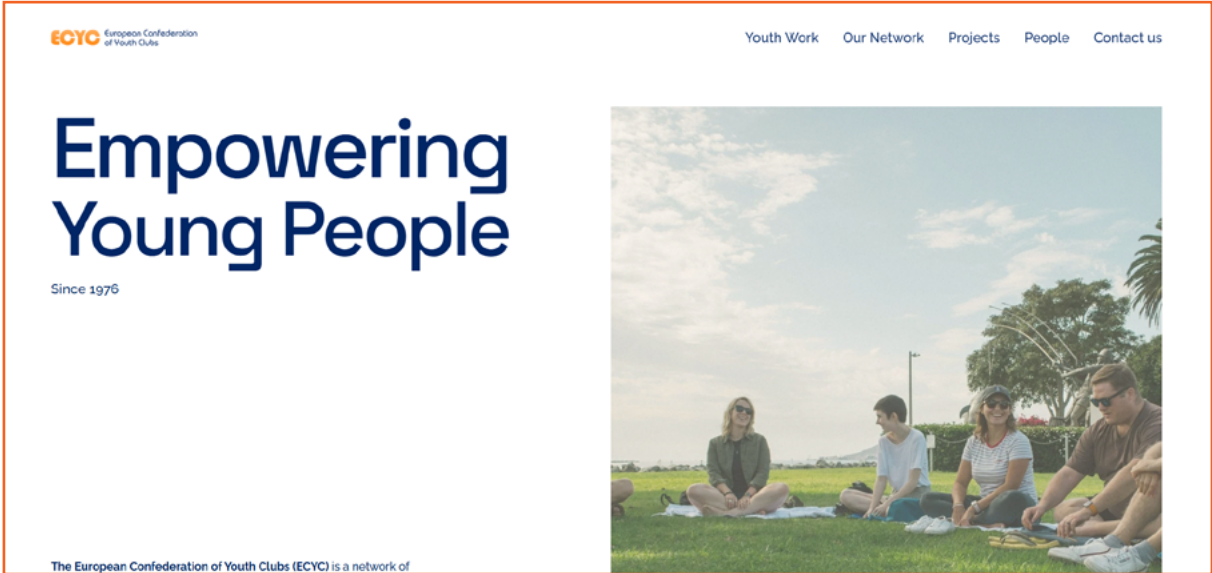
# ECYC CONFERENCE “FOSTERING A RESILIENT GENERATION: YOUTH CLUBS AND THE ROLE OF OPEN YOUTH WORK IN A MAD, MAD WORLD”

**Date: 16 October 2025**

**Location: Braga, Portugal**

We collaborated with ECYC at a conference focusing on resilience and mental wellbeing among young people, exploring the role of youth organizations and civil society in supporting youth, raising awareness, and assessing whether EU and national policies are adequate.

The event also examined emerging threats to resilience, including extremism, misinformation, and the post-pandemic impact on youth. As part of the program, we delivered a workshop on resilience for 20 young people and youth workers.



## PROJECT FILTERED: CAPACITY BUILDING ON PUBLIC SPEAKING

**Date: 20–21 October 2025**

**Location: Valencia, Spain**

The training was delivered in a hybrid format, consisting of eight online sessions and a two-day in-person component. It enabled advocates and young people to strengthen their advocacy skills and gain valuable knowledge in the field of health advocacy.

Two participants from our member organizations and one representative from our country office in Montenegro took part in the training.

[READ MORE HERE](#)



# HACK4HEALTH: YOUTH HEALTH HACKATONS

**Date: 24–29 October 2025**

**Location: Podgorica, Montenegro**

From 24–29 October, 50 young changemakers from the Central European Initiative (CEI) countries gathered in Podgorica, Montenegro, for a regional hackathon on health literacy, themed: How Can We Make Youth Health Cool for Youth?

With support from the CEI, we explored hackathon methodology as a tool for social change, co-created digital solutions for youth health challenges, and built lasting connections across borders.



# **FILTERED FINAL CONFERENCE: FROM SILOS TO SYNERGIES TO PREVENT NCDS**

**Date: 3–4 November 2025**

**Location: Brussels, Belgium**

The FILTERED Conference 2025, held on 3–4 November at Thon Hotel EU in Brussels, marked the successful conclusion of the project FILTERED – From Silos to Synergies to Prevent NCDs, co-funded by the EU4Health Programme.

The event brought together policymakers, civil society organizations, and public health experts to discuss how to strengthen prevention and address the commercial determinants of health. Sessions explored lessons from Europe’s Beating Cancer Plan, findings from the FILTERED study, and forward-looking strategies to shape the EU’s next public health agenda.

Key topics included pro-health taxation, conflicts of interest, the influence of social media, and cross-sector collaboration to prevent non-communicable diseases (NCDs).

YHO’s President, Sanja Šišović, was a keynote speaker on one of the panels, while two young participants presented the Odklop (Log Out) project, a youth-focused initiative, and facilitated a quiz on the latest WHO “quick buys.”



# SUSTAINAWARE FINAL CONFERENCE: INTERSECTIONS FOR IMPACT: A FORUM ON HEALTH, ENVIRONMENT & EDUCATION

**Date: 3–4 November 2025**  
**Location: Brussels, Belgium**

From 3–4 November 2025, 65 young people, experts, educators, and change-makers gathered in Brussels, Belgium, for Intersections for Impact, a unique forum exploring how health, environment, and education intersect to shape a more sustainable future.

Together, we demonstrated how collaborative, youth-driven action can create meaningful, long-lasting change. Over two vibrant days, 65 participants engaged in a wide range of panel sessions, workshops, and networking spaces designed to spark dialogue and inspire action.

**CHECK OUT BLOGS FROM PARTICIPANTS**



# THE GLOBAL HEALTH WEEKEND 2025

**Date: 16 November 2025**

**Location: Zoom platform**

The Global Health Weekend 2025 is a space for global collaboration, uniting students and young professionals to discuss how to move from global health ideas to concrete local impact. 167 participants from more than 40 countries, ranging from a wide variety of health-related backgrounds, attended and we have presented our organization and work to them.



## **YOUTH HEALTH CAMPAIGN AND SOCIAL MEDIA ENGAGEMENT**

**Date: November and December 2025**

**Location: social media (Facebook, Instagram)**

The 10 Asks by Youth call for stronger prevention, safer environments, health education, and equal access to screening, treatment, and support.

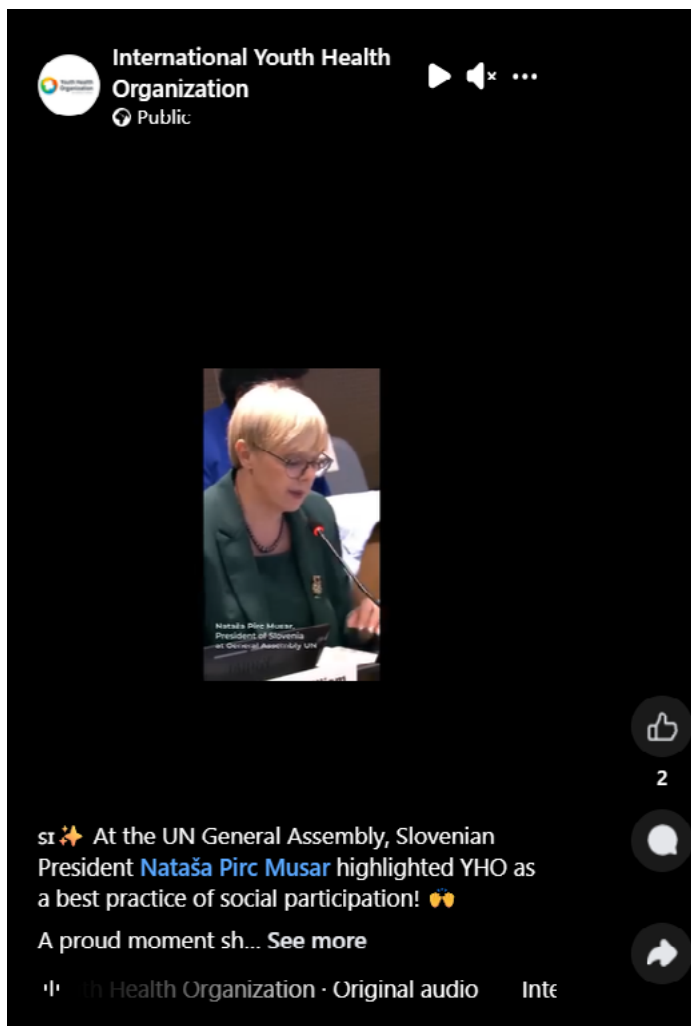
These messages were shared through social media posts aimed at raising young people's awareness of cancer risk factors and highlighting the importance of recognizing early warning signs of specific types of cancer.

## **OTHER EVENTS ATTENDED BY OUR BOARD AND SECRETARIAT MEMBERS, OR WHERE YOUNG REPRESENTATIVES WERE DELEGATED TO PARTICIPATE:**

- European Youth Event (EYE) in Strasbourg, France,
- European Health Forum Gastein in Austria,
- World Health Assembly in Geneva, Switzerland,
- World Health Summit in Berlin, Germany,
- Event Fundraising Masterclass Zagreb – Focus on Corporate and Individual Donors in Zagreb, Croatia,
- EU Youth Stakeholders Group in Brussels, Belgium,
- EPHA General Assembly and All-Members Meeting, online,
- Eurocare General Assembly, online,
- Youth consultation on a Draft of Slovenian Strategy for Public Health in Ljubljana, Slovenia,
- Forum FAKT in Podgorica, Montenegro,
- European Coffee – “EU Compass for Youth” project in Podgorica, Montenegro,
- LUPA – presentation of NGO's in Ljubljana, Slovenia,
- Civil Society Forum on Drugs in Brussels, Belgium,
- and other smaller events and meetings.

# AT THE UN GENERAL ASSEMBLY, SLOVENIAN PRESIDENT NATAŠA PIRC MUSAR HIGHLIGHTED YHO AS A BEST PRACTICE OF SOCIAL PARTICIPATION:

WATCH HERE



# OTHER PROJECTS AND ONGOING INITIATIVES

## TOBACCO FREE ADVENT CALENDAR

On 1 December, the Tobacco Free Advent Calendar 2025 (TFAC25) officially launched, organized by the Youth Group of the European Network for Smoking and Tobacco Prevention (ENSPNext) and the International Youth Health Organization.

TFAC25 aims to empower students and youth to advocate for their own mental, physical, and economic health.

In its first week since launch, TFAC achieved:

- 40,000+ impressions on social media
- 4,500 impressions on the digital advent calendar
- 1,500 active users

Noting users from 65 different countries across 6 continents that are accessing the digital calendar to prepare for Christmas while advocating for students' mental, physical, and economic health.



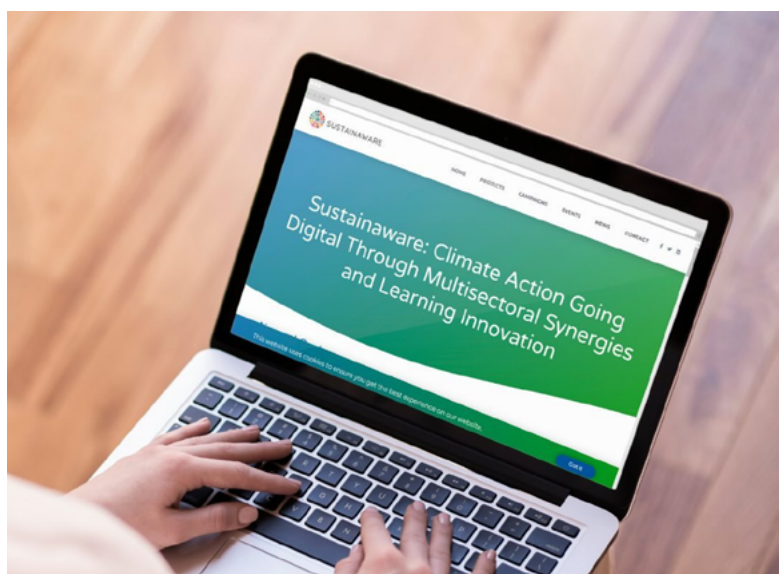
## FILTERED PROJECT

YHO was a partner of the FILTERED Project that actively addressed the commercial determinants of health. As part of its efforts in 2025, YHO co-organized the final conference, took part in capacity-building, and also held a quiz there. YHO's focus this year was on fostering youth advocacy, engaging stakeholders in meaningful dialogue, building the capacity of the secretariat, and amplifying public health prevention strategies through collective action.

## SUSTAINAWARE PROJECT (2023–2025)

In 2025, YHO collaborated with project partners to advance and finalize key components of the Sustainaware project. The digital escape room on climate change and health was finalized, tested, and presented to the public.

YHO also took a leading role in building the Sustainaware educational toolkit and repository of learning resources, ensuring that these materials would support long-term impact. As part of its responsibilities, YHO focused on increasing the project's visibility through communication and dissemination efforts. We were actively involved in organizing and carrying out the final conference, which was very successful and an inspiring end to an inspiring project.



## **TIME4HEALTH: INCREASING QUALITY AND INNOVATION OF YOUTH WORK IN PROMOTING YOUNG MEN'S HEALTH AND WELLBEING (2024–2026)**

YHO is one of the project partners of the Erasmus+ KA2 project that aims to increase quality, innovation, and recognition of youth work in the sphere of promoting young men's health and wellbeing through digitally-transformed non-formal learning.

Since the start of the project, YHO participated in the Kick-off Transnational Project Meeting in the Czech Republic and organized the Transnational Project Meeting in Slovenia.

## **WELLBOOST PROJECT**

YHO is a partner in the WELLBOOST project. The project aims to enhance Ukrainian secondary students' mental health and psycho-social wellbeing by developing their core life skills through an innovative Digital Life Skills Simulator and a comprehensive Methodological Guidebook with game-based activities. The project will equip educators with practical tools to create supportive environments where Ukrainian students can thrive alongside their peers, fostering resilience and successful integration in European schools.

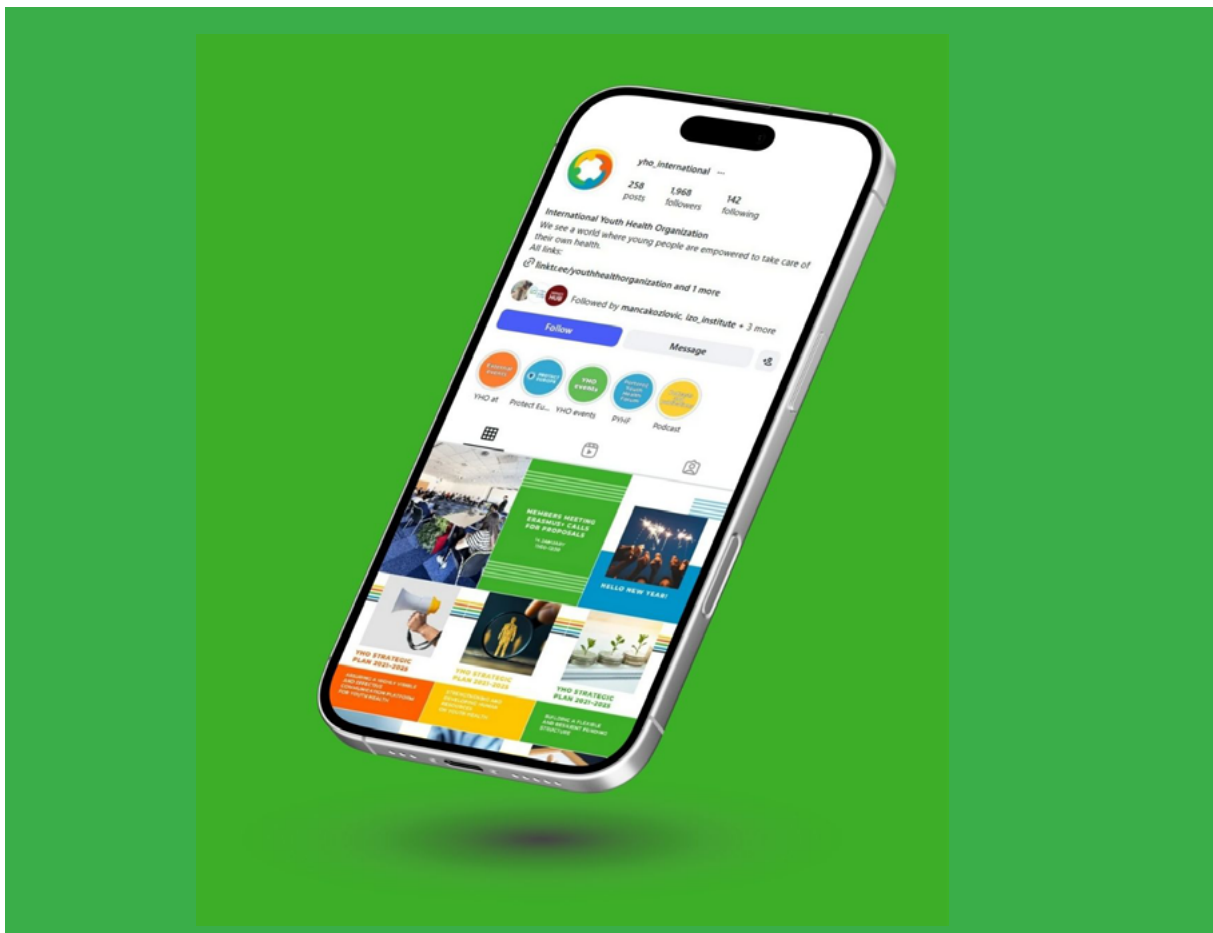
In November 2025, we hosted the first transnational partner meeting, where we discussed next steps, collaboration, and distributed tasks among partners.

# NEWSLETTER, WEBPAGE, AND SOCIAL MEDIA ENGAGEMENT

**Date:** every month in 2025

**Location:** social media (Facebook, Instagram, LinkedIn), e-mail, webpage

We communicate regularly across multiple channels: news and event announcements are published on our website, a monthly newsletter keeps our community informed, and our social media platforms are updated weekly with opportunities for training and exchanges for young people, as well as content that informs and inspires healthy lifestyles.





# Youth Health Organization

INTERNATIONAL



**Co-funded by  
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